MARYLAND FOOD BANK

newsletter

FALL 2025

Appreciation For Your Kindness

A LETTER FROM PRESIDENT & CEO

MEG KIMMEL

"As the saying goes: If you want to go fast, go alone; if you want to go far, go together"

I'm excited to share that I am the Maryland Food Bank's next President & CEO. Many of you know me—or have seen me in this newsletter—as I am not new to MFB. This is my 13th year here, and at this point there aren't many roles I haven't held! On July 1, after a rigorous national search, I stepped into my newest one.

I have long known that I wanted to lead a food bank. But through the interview process, I realized I didn't want to lead just ***any*** food bank—I wanted to lead one that is truly pushing food banking forward. The Maryland Food Bank is doing exactly that, and I am deeply grateful for the trust placed in me to lead during this critical time in the fight against hunger in Maryland.

There are many people I want to mention here as I move past my first 100 days. I will begin by stating simply that our food bank would not be the national leader it is today without the exceptional leadership of Carmen Del Guercio over the past eight years.

I also want to recognize Terry Squyres, our former Board Chair, who led the CEO search with ***extraordinary*** care and commitment. On July 1, Mike Blair took the reins from Terry as our next Board Chair—a big day of leadership transitions for MFB! Mike's dedication to leveraging the expertise of our Board as we move into our next chapter is critically important and much appreciated.

Most of all, I want to lift up the talented staff of MFB. Across every area—from Facilities to Finance to FoodWorks and everywhere in between—our staff brings professional expertise and incredible commitment to our mission every single day. The work of ending hunger in our state could not be in more capable hands.

And finally, thank you. Your support ensures we can always "meet the moment." The current moment is a very challenging one, and we will continue to need you by our side. Your support fuels the programming and partnerships that allow Marylanders to thrive. On behalf of the more than 180 members of the MFB team:

WE APPRECIATE YOU!

Sincerely,

Meg Kimmel

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Meg Kimmel
Maryland Food Bank
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MFB IN THE NOW

The State of the State

While much of what you'll read in this newsletter is about the year that was, we want to share some concerning data about the year to come, and why we need you more than ever.

The challenges of ending hunger in Maryland are mighty, but so are we—especially with supporters like you in our corner.

FREE FOOD SEARCH INCREASE

↑ 83% MORE SEARCHES

Internet searches exploded from 9/24 to 9/25, and **are up another 30%** from 8/25 to 9/25

SNAP PROGRAM DECREASES

↓ MORE THAN 360K MARYLANDERS

May lose some or all of their SNAP benefits—**that's a loss of about 2 million meals per week**

DOUBLE DISTRIBUTION

43.6M → 109.2M LBS

To make up that gap, we would have to more than double our current annual food distribution

We're All in this Together: Hunger Action Month 2025

"Even working a 40-hour-per-week job, there were some days that I had to decide whether I was going to eat, because we didn't have enough."

"I went to one food pantry, and they said I made too much money—I was upset and started crying. The only two meals my daughter would eat was at school, and so being a parent, it weighs on you."

"But the Maryland Food Bank was very welcoming, it was 'oh, you don't need pay stubs—come shop!'"

Jeni Murphy, who once found relief 'shopping' at our Mobile Market, is just one of the Marylanders who shared their poignant story in the food bank's recent special, "Neighbors Helping Neighbors: Fighting Hunger Together," which aired on Baltimore's WBAL-TV in September during Hunger Action Month.

Visit mdfoodbank.org/neighbors to watch the special and find out more about how your support turns into hope for hundreds of thousands of neighbors like Jeni.

THIS SEPTEMBER MARKS THE 19TH ANNUAL HUNGER ACTION MONTH

An effort by Feeding America's network of food banks to raise awareness about hunger and inspire action

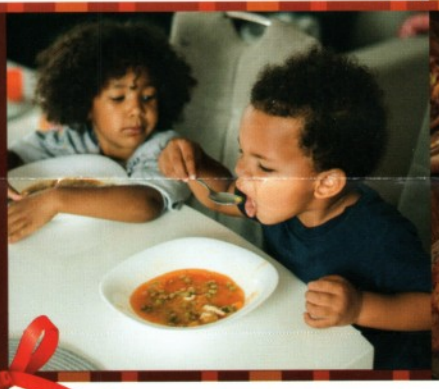
TAKE ACTION

Appreciating Your Kindness

It's nearly 2026, and 1 in 3 of us continue to face hunger. But there are reasons for hope this holiday season: you are helping people experience the joy that food can bring to their lives.

"My family was VERY happy! And we had so much food that when we got finished eating at Thanksgiving, my wife made turkey soup with vegetables, and we ate for two more days. I can't say thanks enough to you!"

— Dion A.



There's nothing like the power of kind words from neighbors, partners, volunteers, donors, and even other MFB team members to demonstrate the difference a meal can make.

"Wait, the Maryland Food Bank? I KNOW YOU! YES! YES! YES! I called in when I was having problems back when the pandemic started—you actually did what you said you would and got me the food I needed!" said Angela S.

At MFB community partner 40 West in Baltimore City, Angela S. shared her story during a holiday meal pick-up event.

"And now you're here on a special day! Because it's so expensive, some of us don't have the funds to go into the stores to actually pay for what they're giving us today—a turkey, stuffing, mashed potatoes, even cranberry sauce!"

Angela mentioned her love for being with family and fixing food but acknowledges that her holidays may be a bit different this year.

"We have lost a couple of family members that we won't get to celebrate with this year, including my husband. But being here makes me feel a little better—these people here at 40 West just bring us all together, no one is favored over anyone else—and food makes you happy!"

Expressions of Gratitude

"I don't know how to say it any more clearly – if there was no St. Mark's, there would be no eating for me or most of these people here. I don't even know where the food bank gets all this, but I surely thank you for however you do make it happen!"

—Alex R.

"I'll be 72 in a few weeks, and even though I am supposed to be retired, I've been working part-time for the past seven years. Well, that's gone now, and until I can get a deferment on my mortgage, I'm lucky that New Creation Christian Church and the food bank are here with food for me and my two grandkids—because those food stamps don't last!"

—Amanda L.

Showing Empathy Through Shared Experience

On any given day, there are dozens of food distribution events going on across Maryland, and in listening to neighbors, as well as our community partners (the true experts in what their communities need) they're sure happy that you've got their backs.

Today, Kris Quein is MFB's Manager of Neighbor Engagement. Growing up in a single-income household, Kris experienced food insecurity from a young age. She recalls her mother creatively shielding her and her brother from their own challenges by doing things like adding cut-up hot dogs to store-bought pizza kits.

"She called them 'weenizzas' which made it fun, and got us to eat," Kris offered.

"That may sound ridiculous now, but it's one of the experiences I can draw on when connecting neighbors to wraparound services at food distribution events," she continued.

Gaining even more shared experience navigating life (and sometimes hunger) as a single mother herself, Kris is appreciative of the opportunity to pay it forward. "This is the best job I've ever had. I get to feel good at the end of the day, because I know I'm doing something good."

A Meaningful Market

"At a Mobile Market event in Charles County, I noticed a woman sitting in her SUV, seemingly lost in thought. When I introduced myself and invited her to the distribution, she began to cry, sharing that she was down to her last $20, torn between using it for gas or food. She was so appreciative that she actually wanted to donate that $20 to MFB. Of course we declined, but her offer made me feel fortunate to be part of the Maryland Food Bank," said Robert Corwell, Director, Mobile Market program.

Gratitude can be expressed in many ways: feeling grateful for things in your own life; expressing gratitude towards others; and most impactfully, acting empathetically towards others. These expressions of gratitude fuel our efforts to feed our neighbors in need, and we couldn't feel more humbled.

"We are truly grateful for the deep partnership with the Maryland Food Bank. Without it, we wouldn't be able to meet the needs of the community. Their resources, both the products and the people, have allowed us to expand over the past few years, from 50 hot meals to thousands of meals each month! And knowing I can reach out to my wonderful people and continue to collaborate on solutions that really help people in my community overcome barriers is literally priceless."

—Valarie Mathews, Founder & Director of MFB community partner Catherine's Youth & Family in Edgecomb

"We find the kitchen to be the most incredible place to spend our time volunteering. The people who work there are dedicated almost beyond belief, and helping prepare meals for kids is very satisfying. Food is a basic human need, but it also brings people together and enriches our lives, we want to make that possible for others."

— Ken S. & Marguerite H.

Welcome Mike Blair, MFB's Newest Board Chair!

"I feel grateful for the opportunity to have served on the Maryland Food Bank's Board of Directors for the past three years and witness how team members make meaningful and impactful use of your support. Now, as Board Chair, I'm looking forward to working with new CEO Meg Kimmel and team to make sure the food bank continues to be the innovative resource neighbors need it to be."

— MIKE BLAIR, BOARD CHAIR AND PRESIDENT, JOHNSON, MIRMIRAN & THOMPSON, INC.

Togetherness: Meals Just Mean More at the Holidays

One in 3 of our neighbors don't know where their *next* meal is coming from, let alone have the resources to make a *holiday* meal—the kind that strengthens families and provides a sense of belonging.

With continued high prices and unclear messages about the future of SNAP and other resources, the 25,000 Holiday Meal Kits you helped make possible this year are more important than ever.

"I'm kind of at a loss for words, but not feelings. I'm happy, I'm thankful, I'm peaceful—thank you for asking me about it, really, thank you—it felt good to say that out loud," shared neighbor Elizabeth T. during a Holiday Meal Kit distribution event.

In addition to their everyday work to maximize the impact of your support and bring in as much nutritious food as possible, our Sourcing team constantly keeps an eye on the holidays and pursuing partnerships that result in the best experience for neighbors.

"Our team has literally cooked and taste-tasted each of the items in the Holiday Meal Kits, and I'm proud to say that not only are the items 100% Made in America, but they are 100% tasty, assuming you like jellied cranberry sauce!" shared Zak Jeffries, Sourcing Manager.

While it is our honor to help feed food-insecure Marylanders every day, offering neighbors in need the chance to bond with family and create new memories over a meal at the holidays fills each and every one of us with gratitude.

The 2025 MFB Holiday Meal Kit

Turkey, instant mashed potatoes mix, stuffing mix, gravy, cranberry sauce, macaroni & cheese, corn muffin mix, green beans, corn, sweet potatoes, collard greens, and even applesauce and fudge brownie mix for dessert!

RECEIPT

SUPERMARKET 123
CASHIER: W1520
DATE: 12/12/2025
TIME: 12:35:15

QTY	DESCRIPTION	PRICE
2	Green Beans, No Salt	$2.38
2	Collard Greens, Low Sodium	$3.98
1	Sweet Potatoes	$4.19
1	Applesauce, Unsweetened	$2.99
1	Corn, No salt	$1.19
1	Cranberry Sauce	$1.19
2	Gravy, Turkey	$3.48
1	Corn Bread/Muffin Mix	$1.29
2	Macaroni & Cheese	$2.18
1	Fudge Brownie Mix	$2.79
1	Turkey Stuffing Mix	$1.49
1	Instant Potatoes	$1.99
	1 BOX	$27.95
	1 16 lb TURKEY	$26.00
	TOTAL	$53.95

Going the **Extra Mile** for Neighbors

Here's how you can help

In just a few clicks, you can help more neighbors thrive in 2026!

mdfoodbank.org/ways

As you're reading this, our team of dedicated drivers are making their way across the state, ensuring that 25,000 Maryland families have everything they need to enjoy a holiday meal together. Shared meals foster feelings of joy, connection, and build community, taking on an extra level of importance this time of year.

And we're all in this together.

By supporting the Maryland Food Bank, you fill a critical seat at the community table that is the statewide food assistance safety net.

Last year, your generosity meant that 100,000 neighbors were served at **171 community partner sites,** and those **25,000 Holiday Meal Kits translated into more than 270,000 meals!**

This year, providing holiday meals is even more needed, with the cost of groceries and other goods continuing to increase (groceries are up 30% since 2019), and benefits continuing to decrease—we are seeing an 83% uptick in online searches for free food.

There are so many ways of giving, whether it's a standard donation, an IRA deduction, or Donor-Advised Funds (DAF). Every dollar raised helps Maryland families keep nutritious food on the table this holiday season, and beyond...

To support our mission of feeding people, strengthening communities, and ending hunger for more Marylanders, please visit mdfoodbank.org/donate

mdfoodbank.org

Partner Food Bank of Feeding America